

OCTOBER 2012 - GROUP EXERCISE CLASSES Salt River Fitness Center & Salt River High School				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 11:05am-11:50am Yoga Stretch w/Rachel 12:05pm-12:50pm Spinning® w/Michelle Salt River High 3:35pm-4:20pm NO CLASS 5:30pm-6:30pm Lo Impact & Sculpt w/Rachel 6:30pm-7:15pm Senior Dance Class 55+ w/Roberta J.	2 6:10am-6:50am Spinning®(Endurance) w/Rachel 9:30am-10:00am YS EEP -Mousercise 11:05am-11:50am NO CLASS 12:05pm-12:50pm Total Body Conditioning w/Dion Salt River High 3:35pm-4:20pm Zumba® w/Rachel 5:30pm-6:30pm Spinning® w/Michelle 6:30pm-7:15pm Boxing w/Nevelle	3 12:00pm-1:00pm Spinning® & Core (Beginner-Intermediate) w/Michelle 5:30pm-6:30pm Zumba w/Rachel	4 6:10am-6:50am Spinning® (Strength) w/Rachel 9:30am-10:00am YS EEP -Mousercise 11:05am-11:50am Yoga Stretch w/Rachel 12:05pm-12:50pm Zumba® w/Robin Salt River High 3:35pm-4:20pm Ab-solute Work w/Jason 5:30pm-6:30pm Cardio Mix w/Jason	5 11:05am-11:50pm Capoeira w/Clifford 12:05pm-12:50pm Zumba® w/Robin 5:15pm-6:30pm NO CLASS
8 11:05am-11:50am Yoga Stretch w/Rachel 12:05pm-12:50pm Capoeira w/Clifford Salt River High 3:35pm-4:20pm NO CLASS Fall Break 5:30pm-6:30pm Lo Impact & Sculpt w/Rachel 6:30pm-7:15pm Senior Dance Class 55+ w/Roberta J.	9 6:10am-6:50am Spinning® (Interval) w/Rachel 9:30am-10:00am YS EEP -Mousercise 11:05am-11:50am Cardio Mix w/Rachel 12:05pm-12:50pm Total Body Conditioning w/Dion Salt River High 3:35pm-4:20pm NO CLASS Fall Break 5:30pm-6:30pm Spinning (Interval) w/Rachel 6:30pm-7:15pm Boxing w/Nevelle	10 12:05pm-12:50pm Spinning® (Strength) (Beginner – Advance) w/Rachel 5:30pm-6:30pm Zumba® w/Rachel	11 6:10am-6:50am Spinning® (Recovery) w/Rachel 9:30am-10:00am YS EEP -Mousercise 11:05am-11:50am Yoga Stretch w/Rachel 12:05pm-12:50pm Zumba® w/Rachel Salt River High 3:35pm-4:20pm NO CLASS Fall Break 5:30pm-6:30pm NO CLASS	12 11:05am-11:50pm Capoeira w/Clifford 12:05pm-12:50pm Spinning® (Race Day) (Beginner – Advance) w/Rachel 5:15pm-6:30pm Zumba® & Sculpt w/Rachel
15 11:05am-11:50am Yoga Stretch w/Rachel 12:05pm-12:50pm Capoeira w/Clifford Salt River High 3:35pm-4:20pm Circuit Training w/Michelle 5:30pm-6:30pm Lo Impact & Sculpt w/Rachel 6:30pm-7:15pm Senior Dance Class 55+ w/Roberta J.	16 6:10am-6:50am Spinning® (Endurance) w/Rachel 9:30am-10:00am YS EEP -Mousercise 11:05am-11:50am Cardio Mix w/Rachel 12:05pm-12:50pm Total Body Conditioning w/Dion Salt River High 3:35pm-4:20pm Cardio Kickboxing w/Rachel 5:30pm-6:30pm Spinning® w/Michelle 6:30pm-7:15pm Boxing w/Nevelle	17 12:00pm – 1:30pm Fitness Center CLOSED *Mandatory DHHS meeting* 5:30pm-6:30pm Zumba® w/Rachel	18 6:10am-6:50am Spinning® (Strength) w/Rachel 9:30am-10:00am YS EEP -Mousercise 11:05am-11:50am Yoga Stretch w/Rachel 12:05pm-12:50pm Zumba® w/Robin Salt River High 3:35pm-4:20pm Ab-solute Work w/Jason 5:30pm-6:30pm Cardio Mix w/Jason	19 10:00am-12:00pm Fitness Center CLOSED Health Service Meeting 12:05pm-12:50pm Spinning® w/Michelle 5:15pm-6:30pm Zumba® & Sculpt w/Rachel
22 11:05am-11:50am NO CLASS 12:05pm-12:50pm Capoeira w/Clifford Salt River High 3:35pm-4:20pm Circuit Training w/Michelle 5:30pm-6:30pm Lo Impact & Sculpt w/Rachel 6:30pm-7:15pm Senior Dance Class 55+ w/Roberta J.	23 6:10am-6:50am Spinning® w/Rachel 9:30am-10:00am YS EEP -Mousercise 11:05am-11:50am Cardio Mix w/Rachel 12:05pm-12:50pm Total Body Conditioning w/Dion Salt River High 3:35pm-4:20pm Yoga Stretch w/Rachel 5:30pm-6:30pm Spinning® w/Michelle 6:30pm-7:15pm Boxing w/Nevelle	24 12:00pm-1:00pm Spinning® & Core (Beginner-Intermediate) w/Michelle 2:00pm-3:30pm Fit WIC w/WIC staff <i>*Please contact WIC 480-362-7300</i> 5:30pm-6:30pm Zumba® w/Rachel	25 6:10am-6:50am Spinning® w/Rachel 9:30am-10:00am YS EEP -Mousercise 11:05am-11:50am Yoga Stretch w/Rachel 12:05pm-12:50pm Zumba® w/Rachel Salt River High 3:35pm-4:20pm Ab-solute Work w/Jason 5:30pm-6:30pm Cardio Mix w/Jason	26 11:05am-11:50pm Capoeira w/Clifford 12:05pm-12:50pm Spinning® w/Michelle 5:15pm-6:30pm NO CLASS
29 11:05am-11:50am Yoga Stretch w/Rachel 12:05pm-12:50pm Capoeira w/Clifford Salt River High 3:35pm-4:20pm Circuit Training w/Michelle <i>There will be no classes at Salt River Fitness Center in the evening.</i> 6:00pm-7:30pm Zumba Fitness Monster Mash! Salt River Community Building <i>All are welcome to join the Party!</i>	30 6:10am-6:50am Spinning® w/Rachel 9:30am-10:00am YS EEP Mousercise 11:05am-11:50am Cardio Mix w/Rachel 12:05pm-12:50pm Total Body Conditioning w/Dion Salt River High 3:35pm-4:20pm Cardio Mix w/Rachel 5:30pm-6:30pm Spinning® w/Michelle 6:30pm-7:15pm Boxing w/Nevelle	31 12:00pm-1:00pm Spinning® & Core (Beginner-Intermediate) 5:30pm-6:30pm Zumba® w/Rachel	Events: Saturday, October 6 WALK FOR O'ODHAM/PIIPAASH Two Water Building @ 6:30 am registration. Saturday, October 13 RUN AGAINST DIABETES @ SR High School. Register now at SR Fitness Center or Day of event 6:00am – 7:00am. Thursday, October 11 SAFETY DAY @ SR Community Blg. 5:00pm-8:00pm Saturday, October 27 RED MOUNTAIN HALF MARATHON @ SR High School. Register now at SR Fitness Center. 6:30 am first event. Monday, October 29 ZUMBA FITNESS MONSTER MASH! @ SR Community Blg. 6:00 pm – 7:30 pm	

****If instructor is unable to teach class another instructor will teach, the class maybe replace with a different class or it will be canceled.**

****Diabetes Program will do their best to post cancelations on announcement, email and facility.**

SALT RIVER FITNESS CENTER HOURS:

(480-362-7320)

MONDAY - THURSDAY

6:00AM-7:30PM

 &

FRIDAY 6:00AM-6:30PM

LEHI FITNESS CENTER HOURS:

(480-362-5539)

TUESDAY & THURSDAY

5:30PM-7:30PM

DIABETES PROGRAM MANAGER:

480-362-7342



Class Descriptions:

Ab-solute Training: Get a whole body workout with an emphasis on abdominal training. Class will contain a mix of exercises to strengthen and stretch the core muscles of the abdomen and back. Stability Ball and other equipment may be utilized. There is no aerobic component.

Boxing: Please bring in your own boxing gloves and hand wraps. In this class the instructor will guide you through proper punching techniques and sparing with other participants in class for a more effective workout. Class will start with a self motivated warm up of skipping rope, shadow boxing and stretching plus other variety moves. Please be prepared workout hard.

Capoeira: Get in shape, meet new friends, and do things you never thought you could do before! You will leave with a basic understanding of proper technique for the fundamental Capoeira movements: ginga, au`, kicks, cartwheel, escapes, punches and blocks. *Created as a way to resist their enslavement in Brazil during the 1800s and practiced secretly for years, Capoeira has finally found a place in the world of martial arts. Consisting of a dance-like fight, the martial art was designed to appear like a game. Practitioners stand in a "Roda" or circle and take turns battling in the center. Once illegal in Brazil, Capoeira is now practiced in every state and in most countries across the globe.*



Cardio Kickboxing: Cardio kickboxing is a non-contact workout that includes both cardio and strength training routines in an energizing environment. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power. Cardiovascular workout will be followed by abdominal workout.

Cardio Mix: This class is a mix of variety of cardio classes, such as, Hi/Lo, Step Aerobics, Cardio Kickboxing, Circuit Training and etc. This class will add variety to your workout that will be fun and filled with high energy. Bring your energy and MOVE! ***Resistance training maybe add to during cardio workout or at the end of the workout.*

Circuit Training: A whole body workout which participants alternate 3-4 minutes of cardio with 2-3 minutes of strength. Time flies as you work it ALL!!!

Lo Impact & Sculpt: Looking for a low impact class that will burn the fat and sculpt your muscles? This class is for you to start of the week. This class is great class to join. The instructor will take you through a 10 minute warm up followed by a 30-40 minute cardio and weight training workout (you choose your dumbbell weight) for a total body workout. ALL FITNESS LEVELS WELCOME!



BRING A WATER BOTTLE AND TOWEL YOU WILL NEED IT! LIMITED TO 8 RIDERS

Spinning® is a program developed by Mad Dogg Athletics, Inc. Instructors: Michelle Long and Rachel Seepie are certified to teach the Spinning® Program.

Spinning®: Indoor cycling class. The Spinning program welcomes participants of all fitness levels. Whether you're a beginner to the skilled athlete, both start at the same place and successfully complete a 40-minute workout together. Spinning offers energizing, cycling-inspired rides that combine sound training principles, expert coaching and inspirational music for overall cardiovascular training. Spinning is safe and fun. Your instructor will guid you through flats, hills, runs, jumps and sprint (advance move). *The instructor will announcer the layout of the type of class you be riding for 40 minutes or more.*

Spinning® & Core: ***This class is a 60 minutes workout.*** Get to know your bike setting for an enjoyable and proper indoor cycling workout. Your instructor will guide you through flats, hills, and incorporate runs, jumps and sprints (advance move). Resistance adjustments for hills and other move will be instructed for an efficient and calorie burning workout. The cycling segment will be followed by a core workout. **A great class for beginners & intermediate cliental.**

SENIOR DANCE CLASS 55+: Move and groove to the oldies, country and contemporize music set in a line dancing format.

Total Body Conditioning (TBC): Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! It a moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used.

Yoga Stretch: Stretch, strengthen, breathe and relax with this slowly paced sequence that begins with plenty of warm-up movement and offers posture variations for different fitness and experience levels. All levels welcome.

YS EEP Mousercise: Youth Service's Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games to workout on motor skill and aerobic conditioning.

Zumba® Instructors Robin Mowers and Rachel Seepie are licienced to teach Zumba Fitness®.

Zumba®: Join the party! Zumba combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required!

Zumba® & Sculpt: Same format as Zumba in which the instructor will focus on basic choreography moves but basic moves for 30 minutes instead of 40 minute plus. Followed up by light to moderate weight/resistance training to sculpt your upper body, abdominals, and lower body.

